

Recipes Using Foods in Your Pantry



Make the most of your pantry foods with easy, tasty recipes families love using common ingredients.



Summer Chili

Serves 8

Ingredients:

- 3/4 lb. lean ground beef or turkey
- 1 cup onion, chopped
- 1 cup fresh carrots, diced or sliced canned carrots
- 3/4 cup green bell pepper, chopped
- 1/2 tsp. garlic powder
- 3 1/2 cup fresh tomatoes, chopped or 2 cans (15 ounces) diced tomatoes
- 1 can (15 ounces) kidney beans, drained and rinsed
- 2 cup water
- 1 1/2 tablespoon chili powder
- 3/4 tsp. dried oregano
- 2 cup yellow squash or zucchini, diced

Instructions:

1. Brown beef or turkey in large pot over medium heat until it reaches 165 degrees F.
2. Add onions, carrots, and green bell pepper. Cover and cook over low heat until onion is softened, about 8 minutes. Add garlic powder.
3. Stir in tomatoes, beans, water, chili powder, and oregano.
4. Cook uncovered until chili comes to a boil. Reduce heat and simmer, uncovered, about 20 minutes.
5. Refrigerate leftovers for 3-4 days or freeze for 4-6 months.

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